

Hope through Research

The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) conducts research in its own labs and supports a great deal of basic and clinical research in medical centers and hospitals throughout the United States. The NIDDK also gathers and analyzes statistics about diabetes. Other Institutes at the National Institutes of Health (NIH) conduct and support research on diabetes-related eye diseases, heart and vascular complications, autoimmunity, pregnancy complications, and dental problems.

The Molecular and Clinical Profile of Diabetes Mellitus and Its Complications study is funded under NIH clinical trial number NCT01105858.

The Diabetes Prevention Program (DPP), a large clinical trial, studied people at increased chance of developing type 2 diabetes. Some of the DPP participants were assigned to an intensive lifestyle change group. After 3 years, people in this group lost about 5 to 7 percent of their body weight by eating a diet low in fat and calories and getting more physical activity. This modest weight loss cut their chances of getting type 2 diabetes by 58 percent compared with people in the placebo group, which received information only. People ages 60 and older reduced their chance by 70 percent. A follow-up study called the Diabetes Prevention Program Outcomes Study (DPPOS) found that 10 years after the DPP began,

people in the lifestyle change group continued to have a reduced chance of developing type 2 diabetes. Read more about the DPPOS, funded under NIH clinical trial number NCT00038727, in *Diabetes Prevention Program* at www.diabetes.niddk.nih.gov.

Clinical trials are research studies involving people. Clinical trials look at safe and effective new ways to prevent, detect, or treat disease. Researchers also use clinical trials to look at other aspects of care, such as improving the quality of life for people with chronic illnesses. To learn more about clinical trials, why they matter, and how to participate, visit the NIH Clinical Research Trials and You website at www.nih.gov/health/clinicaltrials. For information about current studies, visit www.ClinicalTrials.gov.

Read more about the NIDDK's research on diabetes and related topics at www.diabetes.niddk.nih.gov/diabetesresearch/dm_research.aspx.